

MEDITATIONS

AND

PRAYERS

To be used *Before, At, and After* the
Receiving of the

Holy SACRAMENT

OF THE

Lord's Supper.

Percy K

By ELIZABETH, late
Countess of Northumberland.

L O N D O N,

Printed for John Barnes, at the Crown in
Pall-mall. 1709.

MEDITATIONS

PRAYERS

FOR THE HOLY SACRAMENT



HOLY SACRAMENT

Lord's Supper

By Elizabeth, late
Countess of Northumberland.

Printed by J. B. at the Court
Printer, 1700.

Meditations

ON THE SACRAMENT.

UP, Oh my Soul, and be no longer buried in the pleasures of this vain World! Up, awake thou, rise thou, and lend thine Ear attentively to the holy voice of the well beloved Son of God, who summons thee to take place at his Feet, for to set thee at the Banquet of Eternal Life! Up, gather together all thy strength, and advance thy self towards this spring of Light, which enlightens all the Stars of Heaven, and all the parts of the Earth! This is the sole Power which carries thee for ever into Heaven: He is the only Physician upon whom depend all our deliverances: He is

the sole Author of Grace, which can preserve thee against Darknes, and against Hell. Up then my Soul, bowing thy self before him; fortifie thy Zeal upon thy God, who calleth thee for to participate of his great and divine Myſtery which he hath instituted in his Church, which is the Sacrament of his Body, which we muſt partake of to have Life Eternal; the Sacrament of his Body, by which he unites himſelf to thee, for to carry thee into his Glory: By which he takes away, he abolishes, he blots out all; that there is no more ſin in thee, no more of Curſe and Death; and here replants his Grace, his Life, and his Felicity: All that he hath, all that he hath carried into Heaven, all the Grace which was infused into him, all the Treafure of his Merit which he hath gotten on the Croſs, and a ſhare of this is given unto thee by the Communion of this Sacrament of the Lord's Supper,

Supper, which is the Fountain of all Spiritual sweetness, by which God nourishes us, the substance and preserver of that Life that he hath given us in Baptism, and hath united us to him, making us, as *St. Paul* says, *Flesh of his Flesh, and Bone of his Bone, and Members of his own Body*. But, my God, the times altogether are before thee; Remember thou not what is past, nor regard the future: Thou hast an Eye upon my Thoughts, thou art Judge of my Intentions, nothing is hid from thee, all things are naked and intirely known to thee: My Heart is closed in my Breast, but my Breast is more transparent than Glas before thine Eyes; and thou seest, O Lord, that the strength of my Faith is almost all extinguished, and that my Heart hath neither sincerity nor uprightness, and that my Soul is more foul than the Dust of which my Body is made. I cannot, great God, approach to thy

holy Table, because I am not in thy
 presence with a true sorrow, and
 an entire affection without hypo-
 crisie, with a free and open heart
 confessing my shame, and acknow-
 ledging thy Glory. Lord, I am
 pressed with fear and astonishment;
 I sling my self at thy feet; I pour
 out in thy presence all my offen-
 ces, which make pale my Face
 for fear of thy displeasure. I ac-
 cuse my self, I blame my ingrati-
 tude, I know that I am the most
 base of all thy Creatures, a reproach
 to the Earth, and of that which the
 Heavens can cover the most vile and
 detestable. I have let my self to be
 carried away with the base intice-
 ments of the world; I am always
 backward to that which concerns
 the Glory of my Salvation. Lord,
 thou canst throw Lightning from
 Heaven, thou canst strike me with
 Thunder, but I am nothing: Thou
 art an all-powerful God to all Eter-
 nity, and I am a poor frail Creature,
 but

but the yet work of thine hands :
 As thou art strong in punishing, so
 thou art exceeding in thy mercy ;
 destroy not then him, that is cast
 down before. I am a great sinner,
 but thou art yet more great in com-
 passion to forgive. Thou hast the
 life of a man in thine hand, it is thy
 Mouth which pronounces their ab-
 solution ; have pity on me, O God ;
 by the great number of thy compas-
 sions, blot out the great number of
 mine iniquities, and save him by
 thy favour which otherways would
 be damned by thy justice : Save
 him who is purchased by the blood
 of thy Son, who was shining with
 his Glory, but abas'd himself so
 much, as to take our nature upon
 him for to raise up us, the Mud and
 Corruption of the World, (Man
 being no better) to set him on the
 Throne of thy Greatness. Let, O
 Lord, my confession and repen-
 tance be a sweet smelling Sacrifice
 acceptable before thee ; for I knock

at the door of thy Mercy, and implore the merit of my Saviour for the pardon of those punishments, which are due unto my sins, and do thou soften the hardness of my heart which is in thy hand. Lord, thou hast already by violence broguht thy people from the plagues of *Egypt*; thou hast divided the *Red-Sea*, and made a Rampier of Water against the Waters, continue then thy goodness towards thine; deliver me, Lord, deliver me presently, for the Merit of thy Son, from the bondage of my vices, under the yoke of which I scarcely breathe. Thy succour I crave, O pour down upon me thy goodness, and spread upon my Soul the beams of the brightness of thy holy Spirit, to the end that I may mediate, and rightly comprehend, how the body of Jesus Christ my Saviour, given and broken for thy people, and his Blood shed on the Cross, is made mine by the Communion of
his

his holy Sacrament. I cannot myself comprehend this, but do thou raise me, from this miserable Earth, to understand this high Mystery. But, Lord, thou hast founded the obscurity, and canst draw Light from it; thy Divine Eye enlightens the Darknes; touch my Spirit with Light, as thou didst that of St. Paul: Take me off from the Vanities of the World, and let me see clearly the inestimable glory, provided for the elected ones in this Sacrament.

Morning Prayer before Church.

OH Thou Father of Mercy and God of all consolations, from whose alone rich mercy and goodness 'tis that I am alive this hour to kneel before thee, and have leave to cry to thee for Pardon of my sins, who have thus long, thus wickedly and daringly presumed to rebel against thee,
Lord,

Lord, if thou shouldst mark what I have done amiss, I am not able to abide it: But thou, O Lord, hast graciously promis'd that upon my return unto thee, thou wilt blot out my sins, and remember them no more. Blessed Lord, I desire earnestly and heartily to return unto thee: Lord accept of me, and interpose the Merits of thy Son for me, so that in him I may appear a spotless Soul before thee. Blessed and ever blessed be thy Name, that by thy saving grace I now find my many and grievous sins to be a weighty burthen upon me, too heavy for me to bear, Oh ease me of it for thy precious promise sake in Christ, whom thou hast freely given to bear the iniquities of us all, that I may yearn to thee by true repentance and amendment of my Evil ways, that so by this refreshment of my Soul I may again hear the voice of joy and gladness, even that comfortable voice of thee,

thee, my ever blessed Saviour, *Be of good cheer, for thy sins are forgiven thee.* Oh my Lord my God, I am yet desolate of Comforts, and poor in spiritual refreshments, and my sad heart is grieved with mine iniquities. Oh when wilt thou come unto me by thy gracious and much-longed for visit of thy holy Spirit, that the bones which thou hast broken may rejoyce? Make haste, O Lord, and help me, for I am sunk in the deep mire of sin, where no stay is, and there is none else to deliver me: Have mercy upon me, O Lord, have mercy on me, according to the multitude of thy tender mercies towards me, blot out all my offences. Holy Father, I willingly confess my self to be a great and grievous Sinner: Lord, I am ready to ransack the very secrets of my heart, that I may unbosom all my sins unto thee; I most gladly confess them, and am grieved for them, I heartily repent for them;

I desire earnestly, and resolve faithfully to forsake them ; I perfectly abhor them, and utterly hate them : Lord, inasmuch as thou requirest not more of me, be now graciously pleased to accept of me, and cleanse the thoughts of my heart by the inspiration of thy holy spirit, that my Soul may be washed from the guilt of all my sins. And be pleased to give me a true faith and repentance ; with devout humility and reverence ; and enable me rightly to celebrate this holy Sacrament, with all fervent Zeal and right attention, that no wandring thoughts may interrupt me in receiving these thy blessed Mysteries ; but grant, that by the merit and power thereof, I, and all thy servants, may receive remission of our sins, and be filled with thy grace and heavenly Benediction. Purge me, O Lord, from all hypocrisie or insincerity, and grant I may judge of my self as thou judgest of me. Oh warm and
enliven

enliven these cold affections I have towards thee, and fit me for thy mercy by giving me a true, hearty, and deep repentance for all my sins past; and, for the merit of the dear Son's sufferings, pardon all my iniquities; renew and purifie my heart, that it may become a new Creature, and I may utterly forsake all evil ways, by thought, word and deed, and make (though of my self most unworthy) yet of thy mercy, an acceptable Guest at his holy Table, that I may not drink my own Condemnation, but may have my pardon sealed, my weakness repaired, that I may overcome all Temptations of the Devil and my own Inclinations, and these Mercies I beg for the sake of the Lord Jesus Christ, and further call upon Thee in his Words,

Our Father, which art in Heaven; Hallowed be thy Name.
Thy Kingdom come. Thy will be
done

done in Earth, as it is in Heaven. Give us this day our daily bread. And forgive us Trespases, as we forgive them that Trespas against us. And lead us not into Temptation; But deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, For ever and ever. Amen.

Morning Prayer.

O Lord, I confess, I know not what to pray for as I ought; Let, I beseech thee, thy Holy Spirit help my Infirmities, and enable me, O Lord, to offer up my spiritual Sacrifices acceptable in thy sight, through the Merits of Jesus Christ. O Most Gracious God, I thine unworthy Servant, do here acknowledge my self unfit to lift up my Face to Thee; for my Iniquities are increased over my head, and my sins are even become habitual to me; and to this frequency I have added both greediness and
obstinacy

obstinacy in sinning; nay, O Lord, even my Repentance may be numbered amongst the greatest of my Sins; which for the most part hath been so slight and ineffectual, that it hath brought forth no fruit in amendment of Life. But I have added the breach of Resolution to my former guilts, and have been often angry, and indevout and irreligious, and soon weary of well-doing: And, O Lord, my very secret sins are innumerable, that I have willingly committed; sins that I noted not, sins that I acted upon wilful ignorance, and voluntary sins, that a diligent and watchful spirit might have prevented. But I am so vile, that I cannot express it; so sinful, that I am hateful to myself, much more abominable must I needs be in thy sight, for my sins are intolerable, and my omissions innumerable; and now, O Lord, what can I expect from thee, but Judgment? For that is indeed the due reward for my sins: But thou,
O

O Lord, art full of Mercy and Compassion, whom I beseech to look down upon me with the Eye of Mercy, and for the sake of Jesus fit me for thy acceptance, by giving me a hearty and deep repentance for all my sins past, and grant, that I may from this moment become a new Creature, utterly forsaking every evil way; that I may not, O God, perish in my sins, nor be consumed in thy heavy displeasure; but give me, I beseech thee, time and space to repent, and give me power by thy Grace, and aid by thy Spirit, that as by thy gift and mercy I intend to amend in whatsoever is amiss, so I may indeed have grace and power, faithfully to fulfil the same. Inspire me, O God, with the spirit of Courage and Mortification, that I may ever fight against my sins, till I be more than Conqueror. Support me with a holy hope and confirm

firm me with an unreprieveable Faith, and give me grace to take delight in approaching to take thy holy Sacrament; and therein enliven this my drowsy and earthly Heart, that I may with all reverence freely and faithfully call upon thee with such a fixedness of mind, and right attention, as no wandring thoughts may interrupt me; that I may no more incur the guilt of drawing near thee with my lips, when my heart is far from thee: Nor let, O Lord, my prayers be turned into sin, but graciously enable me so to ask, as I may receive; seek, that I may find, knock, that it may be opened unto me: And whatsoever Afflictions thou art pleased to lay upon me give me Grace patiently to bear them like a Christian, truly submitting to thy blessed Will and Pleasure; and suffer me not, O Lord, to have an unconstant mind, nor a wandring heart, nor ambitious desires after vain-glory, nor my sense obstinate;

B

but

but let me delight in exercising my self in the works of mercy and godly conversation, to instruct them which go astray, to help the Afflicted, to cherish the Poor, to comfort the Sorrowful, relieve the Oppressed, feed the Hungry, love them that hate me, to render good for evil, to despise none, but imitate the good and virtuous, to shun the company of the wicked, and to flee all sin. In all adversities, in all prosperity let me be humble, never fond of earthly, but ever coveting after heavenly things, make, I beseech thee, a large distance betwixt me and sloth and Idleness; and teach me, O Lord, to number my days, that I may in time of health serve thee so faithfully, that on the Bed of sickness I may be so comforted by thee, that I may never despair in the day of my death. O Lord, maintain thy true Religion and Vertue in my heart, and in all thy faithful servants; and have mercy, I beseech thee, on all
the

the Souls thou hast appointed to die, and comfort them that are in Afflictions; heal the Sick, relieve the Needy, and administer to every Christian according to their several Necessities. And let, O God, thy Blessings rest upon all that are near and dear unto me; I beseech thee to have mercy upon them and me, and pardon and forgive unto us all the sins which we have committed against thee, by thought, word and deed. Work in us, Father, a serious Repentance, that we may unfeignedly lament from the bottom of our hearts all our sins past; and enable us, I beseech thee, to resist all filthy sins for the time to come: Direct our Actions, sanctifie our hearts and minds, and let thy holy Angels guard our Persons, thy holy Spirit guide our Souls into thy Right Paths Bless us, I beseech thee, with Life. and Health, and prosper us in all our Undertakings. Keep us, O Lord, from sudden Death; and as it

shall please thee to add more days unto our lives, so I beseech thee for an amendment of our Lives and Conversations, by setting our hearts and thoughts on Heaven and heavenly things. Make us, O God, ever mindful of our last end, that we may so prepare for it, that when it comes, our blessed change may be to dwell with thee in Life Everlasting. Pardon, O God, the wandering and coldness of these my humble Petitions, and deal with me not according to my weak Prayers, but according to my great needs, and thy rich Mercy ; and all for Jesus Christ his sake, who hath taught us to say,
Our Father which art, &c.

P R A Y E R S

PRAYERS

To be used at the

HOLY SACRAMENT.

Coming into the Church, at your first kneeling down, say,

O Lord, I am not fit nor worthy Thou shouldest come under that filthy Roof of the House of my Soul, because it is wholly desolate and ruinous; neither hast Thou with me a fit place to lay thy Head; but as thou didst vouchsafe to be laid in the Stable, and Manger of unreasonable Beasts, as thou didst not disdain to be entertained in the House of *Simon the Leper*, as thou didst not reject the Harlot coming to thee, not yet the Thief on the Cross Confessing thee, even so vouchsafe to admit me also, a miserable and out of measure sinful Creature, to the receiving of the most pure and saving Myste-

ries of thy holy Body, and precious Blood. And the Lord pardon every one that prepareth his Heart to seek the Lord God of his Fathers, though he be not cleansed according to the Purification of the Sanctuary. O my God, I know my own unworthiness, yet in the multitude of thy Mercies I humbly approach thine Altar, beseeching thee not to behold me with a severe, but gracious Eye: Thou knowest the earnest desire of my Soul, be thou pleased to pass by the weakness of the Flesh (and grant that I may receive this Sacrament to the Honour and Glory of thy great Name) and assist me with thy most Holy Spirit, for the good Comfort, and Salvation of my own Soul. Grant this, Holy Father, for the sake of thy blessed Son my only Saviour, in whose Name and Words I beg this Mercy, and what else thou knowest needful for me.

Our

O Ur Father, which art in Heaven;
 Hallowed be thy Name. Thy
 Kingdom come. Thy will be done in
 Earth, as it is in Heaven. Give us
 this day our daily bread. And forgive
 us our Trespases, as we forgive them
 that Trespas against us. And lead
 us not into Temptation; But deliver
 us from Evil: For thine is the King-
 dom, and the Power, and the Glory,
 for Ever and Ever. Amen.

*A Confession to be used before the
 Sacrament.*

O Almighty God I thy poor sin-
 ful Creature, full of Anguish
 and Confusion for my offences a-
 gainst thy Majesty, do make bold to
 come to thee because thou art the Fa-
 ther of our Lord Christ, and for his
 sake, inclinable to shew us Mercy;
 Thou art the Maker of me and of
 All things, and thou hatest nothing
 that thou hast made, thou hast pity
 on all the works of thine hands,

so that I am encouraged to make my
 Supplications unto thee, O thou
 Judge of all Men, for it is in thy pow-
 er for ever to acquit or condemn me,
 I tremble and am amazed to be
 found a sinner against so infinite pow-
 er and goodness ; but I must not add
 Hypocrisie to my disobedience ;
 therefore I acknowledge freely, and
 bewail most bitterly my manifold of-
 fences of all kinds, from the least of
 my Sins to the greatest of my Crimes
 and Wickednesses, all and every one
 of which, I long and frequently from
 time to time, with many provoking
 aggravations most grievously have
 committed ; Lord, I cannot tell how
 oft I have offended by thoughts, in
 vain and evil imaginations ; by words,
 in false and uncharitable speeches ; in
 deeds, by ungodly intemperate acti-
 ons ; for alas ! By all and every one
 of these ways, I have daily sinned
 against thy Divine Majesty, turning
 thereby thy loving kindness into dis-
 pleasure, and provoking thee to an-
 ger,

ger, I have given thee cause most justly to let loose thy wrath and indignation against me; my guilt is evident, my danger apparent, and my estate is most desperate and deplorable; wherefore I do most passionately and earnestly Repent, that ever I did commit them, and am heartily sorry with all my Soul, for these my so many, and so abominable misdoings; when I look upon the baseness and the presumption of these vile offences, the remembrance of them doth pierce my Heart with shame and sorrow, and is most grievous unto me; I behold thy favour which I have forfeited; and eternal damnation which I have deserved thereby, the burthen of them presseth down my Soul with a load of terror and amazement that is intollerable; yet since thou callest all who are heavy laden, I must not despair of thy pity; but in this great distress I do beseech thee, to have Mercy upon me; and since my necessity forceth me to be
 importunate

importunate, I will cry again have
 mercy upon me ; I know, that thou
 art a most Merciful Father, tho' by
 my sins I am most unworthy to be
 called thy Child, yet I hope thy
 bowels will yarn upon me; I lie pro-
 strate and helpless, begging of thee,
 for thy dearly beloved Son, our Lord
 Jesus Christ his sake, and by the me-
 rits of his Cross and Passion, to forgive
 me freely and fully all that is past,
 from the beginning of my life till this
 very moment: Lord make me an in-
 stance of thy mercy, and grant when
 I have received so excellent, and so
 undeserved a favour, that I may be
 so engaged, as that for ever hereafter
 I may beware of falling back into
 the like Sin and Misery; convert me,
 I beseech thee, as well as pardon me,
 and inable me most obediently to
 serve, and most intirely to please thee,
 by spending the rest of my Life in
 newness of Life, and all holy conver-
 sation, which through the help of
 thy Grace, I do here vow and re-
 solve

olve upon, that this mighty change may tend to the Honour and Glory of thy Name, who hast so wonderfully delivered me ; all which I most heartily beg, through Jesus Christ our Lord, to whose intercession for me do thou say, *Amen* ; And it shall be according to thy Word, *Amen*.

A LITANY

*Before the Communion, for the
Pardon of Sins.*

O God the Father of Mercies, the Father of our Lord Jesus Christ, have Mercy upon thy Servant, and hear the Prayers of me a miserable Sinner.

O blessed Jesus, the Fountain of Peace and Pardon, our Wisdom, our Righteousness, and our Sanctification, have Mercy upon thy Servant ; refuse not to hear the Prayers of thy sorrowful returning Sinner, who flees to thee for Mercy. Oh

Oh Holy and Divineſt Spirit of the Father, help my Infirmities ; for of my ſelf I know not what to ask, nor how to pray ; but do thou aſſiſt in the deſires of me a miſerable Sinner : Remember not, Lord, the offences of my Childhood, nor the Vanities of my Youth, nor the Wildneſs of my Head, nor the wandring of my Heart, the infinite ſins of my Tongue, and the inexcuseable errors of the days of my whole Life ;

Lord have mercy upon me, and pardon all my offences.

Remember not, O Lord, the growing iniquities of my younger Age, the pride of Spirit, the miſ-uſage of thy Bounty by peeviſhneſs, nor the violence of all my Paſſions and Affections :

But have mercy upon me, O Lord, and pardon my ſins.

Remember not, O Lord, how I have been full of Malice, Envy, Anger or Revenge, fierce and earneſt in

in the pursuit of the Vanities of the World ; but lazy, dull, slow, and soon weary in the things of God and Religion.

The good Lord have mercy upon me, and blot out all my Transgressions.

Remember not, O God, any uncharitable behaviour towards those with whom I have been concerned either by jealousies or suspicions, or evil surmizings, or misreporting, breach of promise towards God or Men.

But be merciful to me, O Lord, and pardon mine offences.

O most gracious Lord, enter not into Judgment with thy Servant, lest I be consumed and brought to nothing in thy wrath and just displeasure :

From which, good Lord deliver and preserve thy Servant for ever.

Deliver me, O Lord Jesus, from gross Ignorance and stupid Negligence, from a wandring and travelling Spirit, from the Violence and
Rule

Rule of Passion, from all Intemperance or Irregularity whatsoever,

Good Lord deliver the Soul of thy Servant for ever.

From a Covetous Mind, or greedy Desires, vain and unprofitable Thoughts, from Pride and Ignorant Confidence, from Envy or the Spirit of Slander, from Presumption or Despair, from sinful Actions, and all vitious Habits,

Good Lord deliver me, &c.

From Fierceness of Rage, and hastiness of Spirit; from Reproachful Language, or peevish Anger, or contentious inhumane Malice, or indiscreet Zeal or Scorn, Oppression and Cruelty; from an unrelenting Spirit, or churlish Behaviour,

Good Lord deliver me.

From delaying Repentance, and preserving in Sin; from unprofitable living or unthankfulness for the

the hourly Mercies that we receive ;
from the Malice and craftiness of the
Devil, with the Deceit and Lying of
the world ;

Good Lord deliver and preserve
the Soul of thy Servant.

From condemning others, and ju-
stifying our selves ; from mis-pend-
ing our time, and abusing thy Grace ;
from consenting to folly, or provo-
king others to do evil by ill exam-
ple ;

Good Lord, &c.

From an evil and cauterized Con-
science ; from sinning near the end
of our Life, and from despairing in
the day of our Death, or being temp-
ted in the time of our Weakness,

Good Lord deliver and preserve
the Soul of thy Servant.

Hear my Prayer, O Lord, and con-
sider my Desires : Hearken unto me
for thy Truth and Righteousness
sake.

fake. Oh hide not thy Face from my cry, neither cast away thy Servant in displeasure ; but give unto me an unreproueable Faith, a just and humble Hope, and a never failing Charity.

Hear my Prayers, O Lord, and grant my earnest Request, for Jesus fake.

Give I pray thee, unto me spiritual Wisdom, that I may discern what is most pleasing to thee, by following what belongs unto my Eternal Peace : Oh let the knowledge and love of God and of Jesus Christ, O Lord, be my Guide and Portion all my days.

Hear my Prayers, O Lord, &c.

Give unto me a holy Disposition, and an active Industry in thy service, that I may redeem the time mispent in vanity : For thy pity sake, take no vengeance on me for my Sins ; but sanctify my Soul and Body

dy in this Life, and glorify them hereafter.

Hear my Prayers, O Lord, &c.

Oh teach me to despise all Vanity; to fight the Battles of the Lord steadfastly against the World, the Flesh and the Devil; to spend my time religiously and usefully; to speak gracious Words; to walk always as in thy presence; to preserve my Soul and Body in Holiness, fit for the Habitation of thy holy Spirit, O God, &c.

Hear my Prayers, O Lord, &c.

Give me, I humbly pray thee, an holy and perfect Repentance, a well instructed Understanding, regular Affections, a constant and wise Heart, a good Name, a fear of thy Majesty, a love of thy Glory above all the things in the World for ever, &c.

Hear my Prayers, O Lord, &c.

Give me a spiritual Wisdom, that

I may discern what is most pleasing unto thee, and how to follow that which belongs to my everlasting Peace; and let the knowledge and love of God, and of Jesus Christ our Lord, be my Guide and my Portion all my Life.

Hear my Prayers, O Lord.

Preparatory Prayers.

GIve ear to my words, O Lord, consider my Meditations, hearken to the voice of my Cry, my King and my God, for unto thee will I pray, &c.

Thou that hearest Prayers, unto thee shall all Flesh come.

Let not my Lord be angry, if I, who am but dust and ashes, presume to approach and speak unto thee.

Oh thou that art easie to be intreated, and rejoycest in doing good, bow down thy gentle Ear and hear me, and have mercy upon me; raise up my Soul, and sanctifie my Heart,
and

and Lips, that I may ask those things which are most agreeable to thy holy Will.

Let the words of my mouth, and the meditations of my heart be acceptable in thy sight, O Lord, my Strength and my Redeemer, *Psal.* 16. 9, 14.

Hear my Prayers, O Lord, hearken to the voice of my supplication when I cry unto thee, when I lift up my hands toward the Mercy-seat of thy holy Temple, *Psal.* 27. 8.

Oh holy Lord God, whose pure Eyes cannot behold Iniquity, I, the unworthiest of thine own Children, cast my self down before the footstool of thy Throne of Grace, humbly beseeching thee to stretch forth thy Golden Scepter of peace, that I may touch it and not die, but live to praise thy mercies; who desirest not the death of a Sinner, but rather that he should turn from his wickedness and live.

Turn thou me, O Lord my God,
turn me from all my Transgressions,
and let not Iniquity be my Ruine.

Open thou mine Eyes, and awaken my dull and stony Heart, that I may see and truly understand the vileness and misery of my sinful State, that I may hate, and abhor, and forsake all my evil ways, turning to thee with all my Heart, and all my Strength. Give me that Godly sorrow which worketh true Repentance. Forgive and put away all my Sins and Offences: Nail them to the Cross of Jesus Christ; bury them in his Grave, that they never rise up in Judgment against me. Receive me, O my Father, and be reconciled unto me, in the Mercy and Merits of thy dear Son; for his sake restore me again to thy Grace and Favour, and let the light of thy well pleased Countenance establish me with thy free Spirit.

Amen, Amen.

Before

Before the Sacrament.

A Lmighty God, who of thy tender mercy didst give thy only Son, Jesus Christ, to suffer death upon the Cross for our Redemption: And didst institute, and in thy holy Gospel command us to continue a perpetual memory of that his precious death until his coming again; Hear me, merciful Saviour, I most humbly beseech thee, and make my groanings and desires after this holy Sacrament answerable to my needs of it. But, O Lord, how shall such a Wretch as I dare to approach thy holy Table; How shall I presume to take the Childrens Bread, who am as a Vile Dog in thy sight? I have often trampled these precious things under foot, either carelessly neglecting, or unworthily receiving these holy Mysteries. O Lord, my horrible guiltiness makes me tremble to come, and yet makes me not

dare to stay away : For where shall this polluted Soul be washed but in the Fountain opened for Sin and for Uncleanness ? Hither then I come, and thou hast promis'd him that cometh to thee, thou wilt in no wise cast out. Grant me therefore, gracious Lord, so to eat the Flesh of thy dear Son Jesus Christ, and to drink his Blood, that my sinful Body may be made clean by his body, and my Soul washed through his precious Blood, *Amen.*

I will not presume to come to thy Table, O merciful Lord, trusting in my own Righteousness, but in thy manifold and great mercies declared unto Mankind, in our Lord Jesus Christ ; for whose sake give me, I pray thee, such a preparation of Soul, as may qualifie me for a worthy approach thereunto. To this end make me heartily sensible of my sins and unworthiness : Raise up my dull and earthly Mind from grovelling here below,

below, and also inspire it with a holy Zeal to seek those things that are above. Let that infinite love of Christ in dying for so wicked a Creature inflame my Soul, and kindle in me that Sacred Fire of love to him again, and unto all those whom he hath given me a command and an example to love, Enemies as well as Friends, and that for his sake. Cloath me, O Lord, in the wedding garment, and make me, though of my self a most unworthy, yet by thy Mercies an acceptable Guest at thy Table, that I may not eat my own Damnation, but Salvation, through Jesus Christ our Lord. *Amen.*

I said I will take heed to my ways, that I offend not with my Tongue. O God, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our Nature, we cannot always stand upright, grant to me such Strength and Protection as

may support me in all dangers, and
 carry me through all Temptations
 through Jesus Christ our Lord
Amen.

Before the Sacrament.

O God, to whom Vengeance be-
 longeth ; O God to whom
 Vengeance belongeth, shew thy self,
 but let it be in pity and compassion
 to thy wretched and unworthy Ser-
 vant , who in all humility confess
 my self a wicked and a sinful Crea-
 ture: I acknowledge those sins,
 which if I would I cannot hide from
 thee ; my sins of Pride and Vain-
 glory, of Hatred and Envy, of Glut-
 tony and Wantonness: I accuse my
 self of my wicked desires and
 thoughts which I have conceived, my
 wanton and evil words which I have
 spoken, of my naughty and ungod-
 ly deeds which I have committed ;
 I acknowledge and bewail these
 my manifold sins and wickednesses,
 which

which I from time to time most grievously have committed by thought, word and deed, against thy Divine Majesty, provoking most justly thy wrath and indignation against me : I do earnestly repent, and am heartily sorry for these my misdoings, the remembrance of them is grievous unto me, the burthen of them is intolerable : Have mercy upon me, most merciful Father, for thy Son Jesus Christ's sake forgive all that is past ; and grant that I may hereafter serve and please thee, to the Honour and Glory of thy Name, through Jesus Christ our Lord. *Amen.*

Forgive me my sins, O Lord, forgive me my sins of mine Age, and the sins of my Youth, the sins of my Soul, and the sins of my Body ; my secret and my whispering sins ; the sins that I have done to please my self, and the sins I have done to please others : Forgive my Wanton
ton

ton and Idle sins, forgive me my serious and deliberate sins, the sins that I have laboured so long to hide from others, that now I have even hid them from my own memory ; forgive me them all, O Lord : Of thy great mercies let me be absolved from all my offences, and of thy bountiful goodness let me be delivered from the bands of those sins, which by my frailty I have committed. Grant this, O Heavenly Father, for Jesus Christ his sake, our blessed Lord and Saviour. *Amen.*

*Prayers to be said before
the Receiving of the Holy
Sacrament*

O Blessed Jesus, who didst take upon thee our Nature, and didst suffer death upon the Cross for our sins and redemption, and has commanded me to celebrate the memory of this thy precious death till thy coming

coming again ; Oh let not the inestimable benefit of it be frustrated by my manifold and greivous sins, but inspire my Soul with those Graces to receive them rendred unto me in this Blessed Sacrament. Oh let the pitifulness of thy great Mercy loose me from the Chains of those sins, wherewith I am tied and bound: That being thus set at liberty, I may here with cheerfullness run the ways of thy Commandments, and hereafter enter into thy Joy, O blessed Saviour and Redeemer. *Amen.*

O Lord, who hast promised that If I open my mouth wide thou wilt fill it ; I pray thee to open it ; and not my mouth only, but my heart also. O create in thy Servant a great hungar and thirst after the things of thy Kingdom, and the Righteousness of it, after all the holy Graces, and all the holy means of Grace, that I may long for the Bread
of

of Heaven, thirst after the Fountain of Salvation ; and as the Heart panteth after the Water-brooks, so my Soul may desire thee, O Lord. Oh kindle such an holy flame in my Soul that it may consume all my sins, and cursed affections, that I may never again defile the place which thou hast chosen for thy Temple. Thou diedst, O dear Jesu, to redeem me from Iniquity ; Oh let me not sell my self again to work wickedness. I am a Sinner, a greivous one, not worthy to look up to Heaven ; but be thou pleased to look down into the dust and lift up a Sinner from the dunghil : Let me not perish in my folly, or be consumed in thy heavy displeasure. Give me time and space to repent ; and give me power of Grace, that as by thy holy Inspirations I do sincerely and fixedly resolve on an intire Reformation, so by thy merciful guidance I may faithfully perform the same. *Amen.*

O Thou

O Thou great Phyſician of Souls; heal me of thoſe many and foul diſeaſes which my Soul groans under: Grant that I may now ſo touch thee, that every one of thoſe loathſom Iſſues may immediately ſtench, that theſe ſickneſſes may not be unto death, but to the glory of thy Mercy, in pardoning to the glory of thy Grace, in purifying ſo polluted a Wretch. O Chriſt, hear me; Inſpire me with a holy Zeal to mortifie my ſins: Support me with a firm well grounded Hope. Confirm me with an excellent and unreprouable Faith; and kindle in me a never-failing Charity. Let me judge my ſelf, that I be not judged by thee; condem my ſelf, that I be not condemned by thee with the world; but receiving this holy Sacrament with a penitent Heart, and lively Faith, I may partake of the great Benefits of it, I may be one with Chriſt, and Chriſt with me; and grant this for his Bowels and Compaſſion ſake. *Amen.* At-

Almighty Lord, who hast of thy infinite Mercies vouchsafed to ordain this Sacrament for a perpetual memory of that blessed Sacrifice which once thou madest for us upon the Cross, Grant me with such diligent Remembrance, and such due Reverence to participate of this so holy and so wonderful a Mystery, that I may be made worthy by thy Grace to obtain the Vertue and Fruit of the same, with all the benefits of thy precious Death and Passion, and the Fulness of all thy Graces; which I beg for the sake of thy only Son, and my Saviour, God from everlasting and World without end.
Amen.

A Prayer after the Sacrament, or during the Receiving it by others.

O Lord our Heavenly Father,
 High and Almighty Ever-
 lasting

lasting God, Regard, we beseech thee, the Devotions of thy humble Servants who do now celebrate the Memorial which thy Son and our Saviour hath commanded to be made, in remembrance of his blessed Passion and Sacrifice; that by the Merits and Powers thereof now represented before thy Divine Majesty, we and all thy whole Church may be made Partakers of all other the Benefits of his most precious Death and Resurrection from the Earth, and glorious Ascension into Heaven, who liveth and reigneth with thee and the holy Spirit, ever one God, Word without end. *Amen.*

The Address.

HOly God, thou mightest justly wonder to see such a grievous Sinner daring to come so near; but I do not impudently rush upon these dreadful Mysteries; nor do I presume to come to this thy Table, where

where Angels do attend, as if I deserved this honour, O Merciful Lord God. I do not approach trusting in my own Righteousness; for alas! I have done nothing which can bear that name : But that which drew me hither, was my Confidence in thy manifold and great mercies, which exceeds my manifold and great offences. And now that I am before thee, I must still confess whatever Favours thy Goodness heaps upon me, that I am not worthy by reason of my sinfulness and backslidings, so much as with the dogs together up the Crums that fall under thy Table ; nor fit to receive the least mercies, or measure of Grace from thee ; much less to sit as a Guest before thy Majesty, at this heavenly Feast ; but yet I make bold to do this, because thou art not to be changed by our sins, being the same Lord whose Property is to be unwearied in well doing and never wanting in Mercy ; Thou art wont alway to have
 Mercy

Mercy on those who confess their Offences ; Grant unto me, gracious Lord, by the present assistance of thy Holy Spirit, so to eat the Flesh of thy dear Son Jesus Christ spiritually in this Sacrament, and so to drink his Blood, as that I may receive all the benefit of his Cross and Passion, even that my sinful and defiled Body may be made clean by this holy and immaculate Body ; and my Soul, which is polluted in every faculty, washed through with his most precious Blood ; which taketh away the sins of the World. Let me be so wholly purified, that I may now begin to be unseparably united to Jesus ; and that I, by Faith, may evermore dwell in him, and abide in his love, and he again by his Spirit may dwell in me always. *Amen.*

A Prayer for Purity.

O Almighty God, whose Power is terrible to all those that approach thee with polluted Souls, because thou art the Majesty, unto whom the Thoughts and Imaginations of all Hearts are opened and apparent, all Desires and Wishes after any Evil are known and evident, and the God from whom no Secrets in Word or Deed are hid, or by any Policy can be concealed; the remembrance of my Impurity makes me fear to draw near to thee, till I have implored thee, who alone art able to keep me, to cleanse and purge out all the Evils which are so commonly the Guest of my Heart, lest they provoke thy pure Eyes to pass me by with this abhorrence, and deprive me of my comfort, and
benefit

benefit of this Communion. Blessed Lord, prepare thy Lodgings in my Soul by the Inspiration of those pure Thoughts, and Heavenly Desires, which are the Fruits of thy Holy Spirit, and the Harbingers of the King of Glory; that I may, as it is my own unfeigned desire at all times, and above all things, most sincerely and perfectly Love thee, and not suffer any secret sin to be thy Rival in my Heart; and that I may also, especially in this Sacrifice of Praise, worthily magnifie, and agreeably set forth the Glory of thy holy Name, in giving so illustrious a Salvation to us through Jesus Christ, for whose sake I beseech thee to hear me: For he is thy Son, and shall be my Lord for ever.

Amen, Amen.

A Meditation at the Offering.

O Lord, I give thee a small part of thine own, who hast given me all my earthly Comforts; yea, thy own Son out of thy Bosom, to become my Salvation. O that I could give a thousand times more! Thy Love deserves it: For this I give not (alas!) as a requital of thy Favour, but a testimony how much I owe unto thee. My Charity cannot extend to thee, who needest nothing; only, holy Jesus, I do gladly embrace my poor Brethren, and thy Friends, whose Souls thou hast purchased with thy dearest Blood, and made them Heirs with me of the same Salvation. I rejoyce that thou acceptest so small a matter to them, as
done

done to thy self: Behold therefore a Soul, I beseech thee, so sick and leprous, poor and naked, that it needs thy mercy more than the most miserable Creature in the World my Charity: How many and how earnest Prayers do I need? Could I engage all the poor on Earth, whose Prayers soonest pierce the Clouds, I need all this, and as much more, to make way for mine acceptance: But, O my Saviour, this is a day in which thou scatterest thy Bounties; wherefore remember thou my Soul which is undone without thy pity; and since thy Mercies are infinitely greater than ours, Lord, do not pass me by, far be it from me to think so meanly of thy Love, as to esteem mine Alms the purchase of it: No, no, I do only by this small Token give thee Livery and Seisin of me and mine; and having vowed to purchase a more glorious Interest, and to seek thy Kingdom, I do renounce the

Riches of the World. O happy exchange, and admirable way of gain ! But so thou art wont to deal with us, O God, to accept Trifles from us, and give Glories to us, great, endless and inexpressible. I adore thee, O my Lord, and love thee; and because there is no Earthly Gift that can bear proportion with such unspeakable Goodness, I will give my Soul also, and it shall be thine for ever. *Amen.*

Just after the Prayer of Consecration, say,

A Men, Lord, it is done as thou hast commanded, and I doubt not but the Mystery is rightly accomplished : I am persuaded here is that my Soul longeth for, a Crucified Saviour, communicating himself to poor penitent Sinners. O let me but be reckoned amongst that number, and then I shall assuredly receive the Holy Jesus. *Amen.*

Lord,

Lord, Thou hast set open this Fountain, and wilt thou suffer a wretched Creature to die for thirst in thy Presence? Hast thou prepared such a Balm to heal me, and shall I languish here before thee? I know, if thou wilt thou canst make me clean; here is the very instrument in thy Hand; Grant me therefore, Holy Jesus, that I may rightly apply it, and duly use it, and it shall prepare me for thee, and unite me to thee with such inseparable Bounds as can never break, unless Eternity have an end. Blessed are they that so eat thy Flesh, and so drink thy Blood as thou requirest, and so as thy Saints of old have done; for they have been cleansed at this Fountain, and here their Union with thee first began: O happy Season, excellent Opportunity! Lord, let me do it well this once, and I am thine for ever. *Amen.*

*A Prayer before the Sa-
crament.*

O Thou Shepherd of *Israel*, thou that feedest us as Sheep, thou makest us to lie down in pleasant Pastures, and ledest us by the still Waters running from the Clifts of the Rock, from the Wounds of our Lord, from the Fountain of Salvation; Thou preparest a Table for us, and anointest our Heads with the Unction from above, and our Cup runneth over: Let the Blood of thy Wounds and the Water of thy side, wash me clean, that I may, with a pure Soul, come to eat of the purest Sacrifice, the Lamb slain from the beginning of the World. Thou givest thy self to be the Food of our Souls in the Wonders of the Sacrament, in the
Faith

Faith of thy Word, in the Blessings and the Graces of thy Spirit: Perform that in thy Servant which thou hast Prepared and Effected in thy Son: Strengthen my Infirmities, heal my Sickneses, give me strength to subdue my Passions, to mortifie my Corruptions, to kill all my Sins; increase thy Grace in my Soul, kindle a fervent Devotion in me, extinguish all the Fires of Hell, Pride, Vanity, Envy and all my Spiritual Wickedneses. Pardon all my Sins, and fill me with thy Spirit, that with thy Spirit thou mayest dwell with me, and by Obedience and Love I may dwell with thee, and live in the life of Grace, till it pass on to that of Glory, by the power of thy Blessings, by the Passion and Intercessions of thy Word innarnate, whom I adore, and whom I love, and whom I will by thy Grace serve for ever and ever. And ever grant this, O Eternal God, for his sake who died for us, our blessed Lord and Saviour Jesus Christ:

For

For I am not worthy to be called
 thine, make me as one of thy mean-
 est Servants ; the lowest Room at
 thy Table is too good for me. Give
 my Sins thy Pardon, my Soul thy
 Grace, my Person and Service thy
 Acceptance in thy beloved, and con-
 vey his Merits to my Soul, and seal
 to me the Pardon of all my Sins in
 this present Sacrament I am now
 about to take. O Lord hear from
 Heaven, seal and help me, inrol
 my name in the Book of Life, for
 thy Everlasting Compassion sake,
 to whom be rendered Praise World
 without end. *Amen.*

A Prayer just before the Sacrament.

O Eternal God Jesus, assist me by the Holy Spirit to a right performance of those great Duties I am now about in the apprehending thee, in this thy Glorious Sacrament. O my Jesus, who saved me by thy Blood in this Ordinance wherein thou art set forth Crucified, I behold thy Wounds, from whence by the hand of Faith I draw forth comfort, being made Partaker of thy Nature, who hast made thy self Partaker of our Humane Nature, by taking upon thee our Flesh, and thou hast communicated unto me of thy Spirit in this thy Holy Sacrament : Therefore thou art my God,

in

in whom I trust to make good my Right to the Covenant of Grace, by this Communion with thee, which can only bring me to that heavenly Inheritance that thou hast purchased for me in thine own Blood. I do not trust in my own Faith, but thy Faithfullness: O blessed Saviour, I trust not in my own Repentance, but in thy Free Pardon; not in my own Preparation, but in thine Acceptance; in thee, and in thy Merit Mercy and Free Grace, I only trust. Let me not be disappointed of my hope, nor deprived of the Blessing: I trust in thee, by this Sacrament, which I am going to partake, that I shall be filled with all those spiritual Graces I want. O let me not be sent empty away, but behold me, Holy Jesus, trusting after a full pardon of all my sins: Cure all my spiritual Lameness, Ignorance, Blindness and Weakness to the performance of the Sacred Devotion of this Holy Sacrament, and breath
into

into my Soul the assurance of Salvation, by leading me in the way of Everlasting Life. I trust in thee as the Rock of my strength ; Thou, my God, hast promised, that whosoever relyeth on thee, shall not be confounded ; be it unto me according to thy Word. *Amen.*

A Prayer before the Sacrament.

O Most mercifull God, who hast in thy great goodness prepared this spiritual Feast for sick and famished Souls, make my desires and gaspings after it, answerable to my needs of it. I have, with the Prodigal, wasted that Portion of Grace thou bestowedst upon me, and therefore do infinitely want a supply out of this Treasury : But, O Lord, how shall such a wretch as I, dare to approach this holy Table ? I am a Dog, how shall I presume to
take

take the Childrens Bread ? Or how shall this Manna, this food of Angels be given to me, who have chosen to feed on Husks with Swine ? Nay, to one that hath already so often trampled these precious things under foot, either carelessly neglecting, or unworthily receiving these holy Mysteries ? O Lord, my horrible guiltiness makes me tremble to come, and yet makes me not dare to keep away : For where, O Lord, shall my polluted Soul be washed, if not in this Fountain which thou hast opened for sin and for uncleanness ? Hither therefore I come, and thou hast promised that he that cometh to thee, thou wilt in no wise cast out. This is, O Lord, the Blood of the New Testament ; grant me to receive it, that it may be to me for remission of sins ; and though I have so often and so wretchedly broken my part of that Covenant, whereof this Sacrament is a Seal ; yet be thou graciously pleased to make good thine

to

to be mercifull to my unrighteousness,
 and to remember my sins and my
 iniquities no more : And not only so
 but to put thy Laws into my Heart,
 and to write them in my Mind ; and
 by the power of thy Grace dispose
 my Soul to such a sincere and con-
 stant Obedience, that I may never
 again provoke thee. Lord, grant that
 in these holy Mysteries, I may not
 only commemorate, but effectually
 receive my blessed Saviour and all
 the benefits of his Passion. And to
 that end give, me such a preparation
 of Soul, as may qualifie me for it :
 Give me a deep sense of my sins and
 unworthiness, that being weary and
 heavy laden, I may be capable of his
 Refreshings ; and by being suppled
 in my own Tears, I may be the fitter
 to be washed in his Blood. Raise up
 my dull and earthly mind from gro-
 velling here below, and inspire it
 with a holy Zeal, that I may with
 spiritual Affection approach this spi-
 ritual Feast. And let, O Lord, that
 infinite

infinite love of Christ, in dying for
 so wretched a sinner, inflame my fro-
 zen benumbed Soul, and kindle in
 me that Sacred Fire of Love to him,
 and that so vehement, that no Waters
 may quench, no Floods drown it ;
 such as may burn up all my dross, and
 not leave one unmortified Lust in my
 Soul : And such may also extend it
 self to all whom thou hast given me
 command and example to Love, even
 Enemies as well as Friends. Finally,
 O Lord, I beseech thee to cloath me
 in the Wedding Garment, and make
 me (though of my self a most un-
 worthy, yet by thy Mercy) an ac-
 ceptable Guest at his Holy Table,
 that I may not eat nor drink my own
 Condemnation, but may have my
 Pardon Sealed, my Weakness repair-
 ed, my Corruptions subdued, and my
 Soul so inseparably united to thee,
 that no Temptations may ever be
 able to dissolve the Union ; but
 that being begun here in Grace, it
 may be consummated in Glory.

Grant

Grant this, O Lord, for thy dear Son's sake, Jesus Christ. *Amen.*

Another Prayer.

O Blessed Jesus, who once offeredst thy self for me upon the Cross, and now offerest thy self to me in the Sacrament, let not, I beseech thee, my Impenitence and Unworthiness frustrate these so inestimable Mercies to me, but qualifie me by this Grace to receive the full benefit of them. O Lord, I have abundant need of thee, but am so clogg'd with Guilt, so holden with the Cords of my Sins that I am not able to move towards thee; O loose me from the Bonds wherein Satan and my own Lust have bound me, and draw me that I may run after thee. Lord, thou seest daily how eagerly I pursue the Paths that lead to Death; but

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when

when thou inviteſt me to Life and Glory, I turn my back, and forſake my own Mercy. How often has this Feaſt been prepared, and I have with frivolous excuſes abſented my ſelf; or if I have come, it hath been rather to deſie than adore thee? I have brought ſuch Troops of thy perfect Enemies, unrepented Sins, along with me, as if I came not to commemorate, but to renew thy Paſſion, crucifying thee afreſh, and putting thee to open ſhame: And now of what puniſhment ſhall I be thought worthy, who have thus trampled under foot the Son of God, and counted the Blood of the Covenant an unholy thing? Yet, O Merciful Jeſus, this Blood is my only refuge; O let this make my Atonement, or I periſh eternally. Wherefore didſt thou ſhed it, but to ſave ſinners? Neither can the Merit of it be overwhelmed either by the greatneſs, or number of my Sins. I am a Sinner, a great one, O let me find its ſaving

saving Efficacy. Be merciful to me,
 O God, be merciful to me, for my
 Soul trusteth in thee, and in the
 clefts of thy Wounds, shall be my
 refuge, untill thy Fathers Indigna-
 tion be overpast. O thou who hast
 as my High Priest Sacrificed for me,
 interceed for me also, and plead my
 meritorious sufferings on my behalf,
 and suffer not, O my Redeemer, the
 price of thy Blood to be utterly lost.
 And grant, O Lord, that as the Sins
 I have to be forgiven are many, so
 I may love thee much. Lord, thou
 seeest what faint, what cold affecti-
 ons I have towards thee ; O warm
 and enliven them ; and as in this
 Sacrament, that transcendent love of
 thine in dying for me, is shed forth,
 so I beseech thee, let it convey such
 grace into me, as may enable me to
 make some returns of Love. O let
 this Divine Fire descend from Hea-
 ven into my Soul, and let my Sins
 be the burnt Offering for it to con-
 sume, that there may not any cor-
 rupt

rupt affection, and cursed thing be harboured in my Heart; that I may never again defile that place thou hast chosen for thy Temple. Thou didst, O Holy Jesus, Redeem me from all Iniquity; O let me not again sell my self to work Wickedness, but grant that I may at this time approach thee with most sincere and fixed Resolutions of an intire Reformation; and let me receive such Grace and Strength from thee, as may enable me faithfully to perform them. Lord, there are many old habitual Diseases my Soul groans under, (*Here mention thy prevailing Corruptions.*) and tho' I lie never so long at the Pool of Bethesda, come never so often to thy Holy Table, yet unless thou wilt be pleased to put forth thy healing Vertue, they will still remain uncured. O thou blessed Physician of Souls, heal me, and grant that I may now so touch thee, that every one of those loathsome Issues may immediately

immediately stench, that these sicknesses may be not unto death, but unto the Glory of thy Mercy, in pardoning, and to the Glory of thy Grace, in purifying, so polluted a Wretch: O Christ hear me, and grant that I may now approach thee with such Humility, and Contrition, Love, Faith and Devotion, that thou mayest vouchsafe to come to me, and abide with me, communicating to me thy self, and all the Merits of thy Passion; and then, O Lord, let no accusations of Satan, or my own Conscience, amaze or distract me, but having peace with thee, let me also have peace with my self, that this Wine may make glad, this Bread of Life may strengthen my Heart, and enable me cheerfully to run the way of thy Commandments. Grant this Merciful Saviour, for thine bowels and compassion sake. *Amen.*

Before the Bread.

O Blessed Lord God, who hast given us thine only Son to lay down his Life for our Sins, and his Flesh for the Food and Nourishment of our Souls, purge and purifie my vile and sinful Soul, that it may be a full habitation for his pure, precious and unspotted Body, and that no unclean thing may presume to enter where he hath been pleased to take up his Dwelling, from henceforth for ever. *Amen.*

Thou hast said, that he that eateth thy Flesh and drinketh thy Blood hath Eternal Life.

Behold the Servant of the Lord, be it unto me according to thy Word.

At

*At the Receiving of the
Bread.*

BY thy Crucified Body, deliver
me from this Body of Death.

After the Bread.

BLessed be thy Holy Name, O
Lord my God, who hast
vouchsafed to feed me with that
holy Bread from Heaven, the Flesh
of thy dear Son: Grant that in the
strength of this food, I may walk
before thee in Holiness and Right-
eousness all the days of my Life,
till I come to the Mount of God,
the Holy Hill, where thine Ho-
nour, and our Rest, dwelleth. *Amen.*

*If you have time, use this following
Meditation.*

OH my Soul, behold how thou
 hast incensed the Majesty of
 Heaven! See how he gives up the
 most innocent and most holy Jesus,
 thy best and thy only Friend, and
 his own dear Son, to be trampled
 and tormented for thy sins! Oh
 how cruelly was he scourged with
 Whips, wounded with Thorns,
 loaden with the Cross, torn with
 Nails, pierced with a Spear, and
 racked on the most painful Instru-
 ment of Death! His lovely Face
 defiled with Blood and Spittle; His
 Ears filled with Taunts and Curses;
 His Eyes drenched in Tears, for the
 Ruin of his Enemies; and his Soul
 amazed at the Terrors of the Divine
 Wrath; till at length all wounded,
 broken and bloody with many
 Groans, yet with admirable Pati-
 ence he breathes out his holy Soul;
 and yet whatever he suffered was
 thy Portion: My Pleasure hath been
 his Pain; my delicious Life hath
 caused

caused his bitter Death. Wretch,
 that I am, to live in such a manner,
 that nothing else could satisfy or
 make my Peace: But here I come
 this day to call my sins to remem-
 brance: I will look on thee whom I
 have pierced, with a most tender
 and sympathizing affection, and re-
 flect, that as I break this Holy Bread
 with my Teeth, so wast thou bruised
 for our Iniquities, and our Offences
 did grind thee with Grief and Pain.
 Holy Saviour, I am angry at my
 self, and full of anguish to see what
 I have brought upon thee: I am
 sorry with all my heart, that I have
 given Harbour to thy Murderers ;
 but I hope this most dismal specta-
 cle shall mortify in me all desires
 after evil, and make me abhor all
 these desperate Pleasures, which
 must so much offend thee, which
 must be cleansed by thy most pre-
 cious Blood, or else stand charged
 upon my account for ever. No,
 no, I will never crucify thee again
 by

by renewing my Disobedience, for I have done too much already.

Before the Cup.

O Blessed Lord, who hast given the Blood of thine only Son to be shed for our sins, and to refresh and restore our weary gasping Souls; Cleanse and Sanctifie me, O Lord, that I may receive this Cup with a pure Heart, and not with polluted Lips, to the Eternal comfort and refreshment of my Soul. Methinks, O my Redeemer, while thou art pouring forth thy most precious Blood, thou mayest look upon me with a Countenance mixed with pity, and upbraiding, that I should take so little care to save this Soul, which thou hast bought at such a rate. Are not here represented those Drops of Blood that have sealed the Covenant

Covenant of Peace, and confirmed all the Promises of the Gospel? Why then am I not swallowed up with Admiration? Why do I not breathe and pant after it? I am not come to quench my bodily Thirst, but to wash my Soul in this Salutary Fountain. O how freely it flows! How perfectly it cures! Lord, let me taste thereof; make it unto me the Blood of Jesus, for it is that my Soul thirsteth after; and now after that powerful Word that halloweth it, let me not by evil Thoughts, or Unbelief, Malice or Impenitence, make it to my self an unhallowed thing; but as thou hast fitted it for the Mystery, O fit me also to receive it. I cannot now have any low or common thoughts about it; I will by Faith esteem it as my Saviour's Blood; and though I am unworthy of so Divine a Cordial, yet my Soul gaspeth for it; without it I must die and perish.

*At the Receiving of the
Cup.*

O Let this Blood of thine purge
my Conscience from Dead
Works, to serve the Living God.
Lord if thou wilt, thou canst make
me clean : O touch me, and say, I
will, be thou clean.

After the Cup.

Blessed be thy holy Name, O
Lord my God, who hast vouch-
safed me to drink of this Fountain
of Living Water, of the precious
Blood of thy dear Son. Grant that
this holy Cup may be an Antidote
and Preservative against all Sin and
Evil,

Evil, and may keep my Soul in
 health to the end of my days.
 Lord what is Man, that thou art
 thus mindful of him? Or the Son
 of Man, that thou thus visitest
 him? What is thy Servant, that
 thou shouldst look upon such a dead
 Dog as I am? The Dogseat of the
 Crums which fall from their Mast-
 ers Table; but thou hast fed me
 with the Bread of thine own Child-
 ren, and given me to drink of thy
 own Cup; Thou hast fed me in a
 Green Pasture, and led me forth be-
 side the Waters of Comfort. O
 tast and see how gracious the Lord
 is! Blessed is the Man that trusteth
 in him. What reward shall I ren-
 der unto the Lord, for all his bene-
 fits towards me? Lord, I offer up
 to thee my self, my Soul and Body,
 all that I am and have, humbly be-
 seeching thee graciously to receive
 me for thy Servant, to dwell in thy
 House, and to praise thy Name for
 evermore. Thou art worthy, O
 Lord

Lord to receive Honour, and Glory, and Power, for thou hast created all things, and for thy pleasure they are and were created. Thou art worthy to take the Book, and open the Seals thereof, for thou wast slain, and hast redeemed us unto our God, and hast made us Kings and Priests, and we shall all Reign with thee for ever. Salvation to our God, which sitteth on the Throne, and to the Lamb. *Amen.*

Blessing, and Glory, and Wisdom, and Thanksgiving, and Honour, and Power, and Might, be unto God for ever and ever, &c.

This

*This Prayer at last, after
having Received the
Sacrament.*

Blessed be thy Name, O Lord,
in the great Mercy I have now
received. O God, I desire with a
fervent and inflam'd Affection of a
greatful Heart, to return Thanks
and Praise unto thee, for this inesti-
mable kindness thou hast this day
vouchsafed me, by giving thy self
unto me. Lord as thou hast made
me partaker of thy blessed Sacra-
ment, feeding me with the Body
and Blood of thy Son, what is there
in Heaven or on Earth of more Price
or Excellency? What more certain
sign and pledge of thy Grace can
there be, than the precious Blood of
thy

thy Son poured out for my sins on the Altar of the Cross, the very price of my Redemption thou bestowest upon me, that I may have undeniable Testimony of thy love; by the effusion of thy Blood satisfaction is made for my sins, and by the drinking thereof the Remission of my sins is confirmed unto me. Truth it self has said, *Whosoever shall eat my Flesh and drink my Blood, hath Eternal Life, and I will raise him up at the last day.* Lord, set home upon my Heart the Mercy and Compassion of this thy Love unto my Soul, and graciously keep me from committing again those sins that I have this day vowed against. O Lord Jesus, be pleased in Mercy so to accept of me, and so powerfully and graciously assist me, that I may savingly behold thee in thy blessed Promises, that I may happily enjoy thee in thy holy Ordinances; that I may clearly see, and joyfully confess, what great things thou hast done

done for my poor Soul ; that I may be daily refreshed with Contemplation of thy exceeding Love, and hourly busied with recounting thy endless Praise. Lord, make me to forsake the sins and miseries of this Life ; make me more watchful over my own Heart, more zealous of thy Glory and thy Childrens good, that I may never willingly offend thee ; that so my heart and my self may triumphantly rejoyce in thee, the living Lord. Mortifie my Corruptions, support my Weakness, and accept my Willingness : Let this Humiliation before thee be a pleasing Sacrifice unto thee, for thy Sons sake, whose precious Life thy rich Mercy had sacrificed to thy Justice for me. Lord, hear me, and have Mercy on me ; and grant, that not one good purpose, which thy Spirit hath raised in me this day, may vanish, but that I may bring forth Fruit into Life Eternal. Grant this, O merciful Father, for Jesus Christ his sake, *Amen.* R *After*

After having Received.

O Blessed Lord Jesus, I humbly beg by all thy most Sacred Sufferings of thy bitter Death, and most precious Blood shed for me, and by all foretold of thee, and fulfilled by thee, that thou wilt in great Mercy vouchsafe to deliver me, a sordid Sinner, from all my Tribulations and Distresses, from the Snares of the Devil, from the Bond and Chains of my Sins, and from all Evils both of Soul and Body. Good Lord, save, deliver and defend me from all wicked Imaginations and Actions, by vouchsafing so to dispose and order the whole Transactions of my Life, that they may be acceptable unto thee. Oh may that precious Blood which flowed from the sacred side
of

of my blessed Saviour, wash off the pollutions of my sinful Soul, and soften the hardness, moisten the driness, and make fertile the barren Ground of my Heart, to be capable of the great benefits my dear Saviour and Redeemer hath purchased with his Blood. Oh how weak, how imperfect are my Graces ! I see and know but in part ; Oh how many Temptations and difficulties assault me in my best performances, which make all I can do far unworthy of thine acceptance. I renounce all things of my self, relying wholly and solely on the all-sufficient Merit of my Lord and Saviour Jesus Christ, for to convey the power and vertue of his Death into my Soul, which will fill me with thy All-sufficient grace and holy peace to persevere in all Righteousness, and Purity of Life, as becomes those that have vowed themselves to thy Service in this present Sacrament, I have now received. Oh remem-

ber not my sins, either for Nature,
 Number, Extent, or what degree
 soever I have offended thee in. O
 give victory to my languishing
 Soul in her spiritual Conflicts, by
 guiding me with thy Counsels;
 sustaining me with thy grace, re-
 freshing me with thy comforts,
 preserving me in thy Love, and
 crowning me with thy Glory, as
 thou hast promised to those that di-
 ligently seek thee : Be it unto me
 according to thy Word ; and Eter-
 nal Praise be given unto thy Holy
 Name, Oh blessed Saviour and God
 eternal, World without end. *Amen.*

*A Meditation by way of
Prayer after the Sa-
crament.*

A Wake, awake, O my Soul,
and bless the Lord, who daily
keeps his Goodness upon thee : Bless
God, that makes the sweet dew of
his Clemency continually to drop
on thee. All that is within me, bless
the Saviour of the World, who hath
so loved us, as to wash away our Sins
in his own Blood ; the Lamb that
sits on his Throne to judge thy De-
portment. O great God, with what
contentment ought I to cast my self
at thy Feet, who am so happy, as to
be admitted to approach thy Holy
Table ! It is thou, my God, that
hath broken in pieces the wiles of

the Devil, giving me victory over Sin, and his Temptations by Heavenly succor against his fierce assaults, and the evil inclinations of my Nature; which would induce me to the cruel slavery of Sin and Death; but, my God, by thy singular Mercy, I am drawn from the Jaws of Satan, make me now to Triumph in thy Power far above all his Temptations, teaching me to say with Simeon, *let thy Servant now depart in peace from thy Altar for my eyes have seen thy Salvation*; for this I render unto thee all possible Praise, and glorify thy Name according to thy due, though it is not in humane Nature to express. Thou art above all acknowledgments, but with Millions of Sacrifices and Praises, I truly lie at thy Feet, to embrace them with Hearty Repentance for all which is past and done amiss in this my weak performance, earnestly desiring to live up to those unfathomed Mercies, I have received

ed even now, in the perception of this Sacrament, wherein thou hast cleansed me from my Sins, and washed away all my offences. 'Tis thou that hast made me approach thy Holy Table, and by it to participate of thy Merits; there is nothing more after this Sacrament, but to be united to thy Glory, for whom thou hast died, to purchase Eternal Life. Make me, Lord, to be attentive to thy Word preached, and carefully that it may be as seed sowed in good Ground, to bring forth Fruit into Eternal blessedness. Let this Divine Light of the Gospel, which hath been declared in thy Church, since our Saviour's time unto this day, dissipate the Darkness of my imperfect understanding, and fill my apprehension with a perpetual memory of the Bounty of thy powerful Divinity. Direct my steps in thy Laws, and let my mouth set forth thy praise. Raise, Lord, my Soul by Ardent Devotion

in stedfast thoughts of Cœlestial things, guiding me as one whose Name is in the Book of Life, bought with the Blood of the immaculate Saviour. O unite my spirit unto thee, by continual Meditations of Heavenly things and Felicity, which will keep me from ever turning to the Vanity of this corrupted Earth. O Lord let the inspirations of thy holy Spirit have its powerful effects upon my Soul, by giving me strength to resist all Temptations, to overcome all Vice, that so I may for ever live a Life of Grace here to thy Honour and Glory. What can be done less on our part than to live daily in a perfect resignation of our selves, Souls and Bodies at thy service? This imployment suits best with those that have vowed their obedience to the Command of the Lord, whose purchase we are, and at no less a price than the shedding of his Hearts-Blood, with which his Life expired. Oh can I think

on this unparrelled Love, and not be in an extacy of Love for thee again! Oh blessed Jesus, breath into my Soul the gift of thy holy Spirit, that may fill me with Divine Grace, which doth incessantly distill on those that have given up their Names to Christ Jesus, as the only object of their Hearts Joy. O see the Sacrifice he is become for us, by embracing Death to gain us Eternal Life: Admire his Mercy, adore his Divinity, and attend with unspeakable rejoycings the day of this Transacti-on, to dwell for ever with the blessed Trinity, the only foundation of our Salvation, by the Holy Unity of three Persons. Up now, my Soul, and satiate thy self with the Con-templation of thy Saviours Love, who hath called thee to Commu-nicate of his Body and Blood, the only Cure for thy Sick Soul, and Means capable to blot out all thy Crimes, Sins and Offences ; shew
thy

thy real sense of these inexpressible Mercies by a perpetual Conformity to the will of thy blessed Saviour in thy whole Life to come, making his Commands thy delight, his Service thy daily imployment, so that every action may manifest 'tis not in vain that thou hast drawn near this day to the Table of the Lord, who hath met you in compassion, and will still Support you with his grace here, till he doth consummate thy perfect Happiness with himself in Eternal Glory hereafter, in this Heavenly Kingdom. *Amen.*

A Thanksgiving after Receiving.

O Thou Fountain of all Goodness, from whom every good and perfect Gift cometh, and to whom all Honour and Glory should be returned ; I desire with all the most fervent and inflamed Affections of a grateful heart, to bless and praise thee for those inestimable Mercies thou hast vouchsafed unto me. Lord, what is Man that thou shouldst so regard him, as to send thy beloved Son to suffer such bitter things for him ? But, Lord, what am I, thy most sinfull Creature, that I should have any part in this Atonement, who have so often been wretchedly ungrateful for his Sufferings ? O the heighth and depth of
this

this Mercy of thine ! that art pleased
 to admit me to the renewing of that
 Covenant with thee. Which I have
 so often and perversely broken ; that
 I, who am not worthy of that daily
 Bread which sustains the Body,
 should be made partaker of this
 Bread of Life, which nourishes the
 Soul ; and that the God of all Puri-
 ty should vouchsafe to unite himself
 to so polluted a Wretch ? O my
 God suffer me no more, I beseech
 thee, to turn thy Grace into Wan-
 tonnes, to make thy Mercy an oc-
 casion of Security ; but let this un-
 speakable Love of thine constrain
 me to Obedience ; that since my
 blessed Lord died for me, I may no
 longer live unto my self, but unto
 thee, O Lord. I know there is no
 Concord between Jesus Christ and
Belial ; therefore now since, he hath
 been pleased to enter my heart, O
 let me never permit any Lust to chase
 him thence, but let him that hath
 so dearly bought me, still keep pos-
 session

session of me, and let nothing ever
 take me out of his Hand. To this
 end, be thou graciously pleased to
 watch over me, and defend me from
 all assaults of my spiritual Enemies ;
 but especially deliver me from my-
 self, from the treachery of my own
 Heart, which is too willing to yield
 it self a pray ; and where thou seest
 I am either by Nature or Custom
 most weak, there do thou, I beseech
 thee, magnifie thy Power in my Pre-
 servation. (*Here mention thy most dan-
 gerous Temptations.*) And, Lord, let
 my Saviours Sufferings for my sins,
 give me courage to shed my Blood
 to bear witness of the Truth, if ever
 thou callest me to such a Tryal, by
 which those holy Symbols have pas-
 sed. Grant me to find new Desires,
 and new Hopes : Grant I may be
 renewed in my Spirit, and my
 Affections refined and purified : O
 fit my Soul with such a holy Vigor,
 that through thy Mercy I may ac-
 complish all my Resolutions. *Amen.*

O Blessed Jesus, I have vowed my self thine, but yet stand in tear and expectation of the most furious Assaults, which will be made upon me by the Enemy, from whom I have withdrawn. And alas ! I have too often returned again to Folly. But if thou pleasest to plant thy Grace within me, and send thy Blessing upon me, I fear not his Policy, nor Power. I have received that heavenly Food, which is the means to convey this Grace ; and I know that by this Cœlestial Remedy, many of thy Servants have been dreadful to the Powers of Darknes, and thou didst never cast off any humble Soul. O bless then this Life-giving Mystery in every one of us, that we may find such power and strength, such courage and resolution flowing from thence, that we may all stand firm to the Purposes which we have made in this holy Sacrament. We are thy Servants ; and Oh what
 Quiet

Quiet and Comfort, what Safety and Joy, what Honour and Pleasure have we under so gracious a Lord? How happy shall I be, in enjoying a freedom from anger, &c. O mark us all for thine own, and deny us not that Grace which is necessary for us to make thee ours, and us to be thine: If we feel not some effects thereof, we shall tremble for fear lest thou hast rejected us, and our Oblations; but who did ever seek thee, and did not find? Who ever trusted in thee and was forsaken? We are sure that in thee all fulness of Grace doth dwell; O let it now overflow, that of thy fulness we may all receive, so shall we daily, and always perform our Vows. *Amen.*

O Thou all-seeing and most holy Lord God, I have beheld the efficacious and all-saving Sacrifice which thy Son hath offered for us: I have remembered it, and blessed thy Name for it as much as I was
able

able, though not so highly as I ought for the benefits thereof are inestimable: O let them not all be lost to us for want of Faith to believe and receive them. There is no want of Merit in Jesus to deserve, no want of Mercy in thee to bestow Remission: O let there not want in us or in any of those for whom Christ died, Grace to accept this Pardon! Behold, Lord, how we struggle under a Load of Guilt, but though a troubled Conscience perplex us, though our remaining Corruptions oppose us, and though the decay of our Graces doth reject us, yet lo! here is an effectual Remedy for all those Miseries: Help us every one, I humbly beseech thee, so to apply it, that we, and our Brethren, whom we love as our selves, may find a blessed Cure. Who was ever reconciled to thee, but by Jesus! Or who ever was so much thine Enemy, but this Sacrifice had made his Peace? And shall it be ineffectual always only to
us?

us? Dear Father, let us find the Efficacy thereof in our selves, and discern the Fruits thereof in all the Members of thy Church; so shall we be engaged to praise thee more and more for thy great Salvation, through Jesus Christ. *Amen.*

A Prayer of Intercession.

O Most gracious Lord, who hast so tenderly loved Mankind, that thou gavest thy dear Son out of thy Bosom, to be a propitiation for the sins of the World; Grant that the effect of this Redemption may be as universal as the design of it, that it may be to the Salvation of all. O let no person by impenitence and wilful sin forfeit his part in it, but by the power of thy Grace, bring all, even the most obstinate sin-

G

ners,

ners, to Repentance. Enlighten all that sit in Darkneſs, all *Jews* : *Turks*, Infidels and Hereticks ; take from them all blindneſs, and contempt of thy Word ; and ſo fetch them home, bleſſed Lord, to thy Fold, that they may be ſaved among the Number of the true *Iſraelites* : And for all thoſe, upon whom the Name of thy Son is called, grant, O Lord, that their Converſation may be ſuch as becometh the Goſpel of Chriſt ; that this Name may be no longer blaſphemed among the Heathens. O bleſſed Lord, how long ſhall *Chriſtendom* continue the vileſt part of the World, a Sink of thoſe abominable Pollutions, which even *Barbarians* deteſt ? O let not our Profeſſion and our Practice be always at ſo wide a diſtance ! Let not the Diſciples of the holy and immaculate Jeſus, be of all others moſt profane and impure : Let not the Subjects of the Prince of Peace, of all others be moſt contentious and bloody ;

bloody ; but make us Christians in Deed as well as in Name, that we may walk worthy of that holy Vocation wherewith we are called ; and may all with one Mind and one Mouth glorifie thee the Father of our Lord Jesus Christ. Have Mercy on this Church ; look down upon it from Heaven, the Habitation of thy Holiness, and of thy Glory ; Pour forth thy Mercies upon it, though our Backslidings are many. Bless then that wait at thine Altar ; open thou their Lips, that their Mouths may shew forth the Praise. O thou Father of Mercy, and God of all Comfort, succor and relieve all that are in any Affliction ; deliver the Out-casts and Poor ; help them to Right that suffer Wrong : Let the sorrowful sighing of the Prisoners come before thee ; and according to thy Power and Mercy preserve those that are appointed to die. Grant ease to those that are in pain ; supplies to those that suffer

want. Give to all presumptuous Sinners a sence of their Sins ; and grant to usall thy Spirit, that so we Purity, where no unclean things can Purity, where no unclean thing can enter, there to sing Eternal Praises to Father, Son, and Holy Ghost for ever. *Amen, Amen.*

O Most Holy Lord God, I have been addmitted to make an Oblation of my Praises and my self to thee; and I am infinitely concerned lest my Wretchedness should make my Sacrifice an abomination. I am ashamed that I am no fitter ; I lament that I should bring so many Defilements, where the Purity of an Angel is scarce sufficient : But I take Sanctuary in thy most obliging Condescensions; and because I am so unworthy, I will endeavour to esteem my self as vile, as I really am in thy sight. O do not look upon the deserts of a wretched Sinner, but remember
thine

thine own Mercies; so shall thy Favour be more illustrious, because it is bestowed upon so wretched a Sinner; and the sense of my unworthiness shall enlarge my thankfulness, and make me praise thee more: O grant me thy acceptance, for the sake of the crucified Jesus.

Amen.

WHen I compare thy Acts with mine, holy Jesus, I am exceedingly ashamed to behold so vast a disproportion. Thou givest me thy Merits and thy Graces, thy Life and thy Love at present, and hast promised me thy Kingdom in Reversion, and I have scarce returned this with the entire Devotion of one half hour. Oh how little is my obdurate Heart afflicted with the sense of my own Guilt, the fears of the Divine Justice, or the Apprehension of thy Suffering? Yet, Lord, I do desire and endeavour to praise thee, so that

I hope thou wilt consider my Infirmities with much Compassion, and measure my service not by the exactness of the Performances, but by the sincerity of my wishes, so that I may, through the Mercies, be accepted by the Heavenly Father, and by the Mercy of that acceptance, be obliged to praise thee, holy Saviour, for ever. *Amen.*

An Act of Oblation of Our selves.

O Most Merciful Lord God, I am amazed at the mighty Favours shewed unto me, a sinful wretched Creature: I cannot but acknowledge thy Goodness, although I can make no Retribution: But it is not mine, O Lord, but me thou seekest, sinful and miserable though I am; and yet am I that purchase

chase for which JESUS hath left his Glory, and laid down his life; and suffered many and great things for me. O marvellous Con-
 defension! I am nothing, I am nothing, I am void of all good, full of evil, and deserving thy wrath; so that I abhor my self; and canst thou delight in me? Be it so then, for I will dispute no more with unsearchable Mercy: I believe, O God, and wonder I can no more resist thy Condescending and All-mighty Love: I will with all the Joy imaginable give my self up intirely to thee, who hast lately restored me to thy self. Alas! I have been a Prisoner to Satan, a Slave to Sin, and marked out for destruction, but thou hast procured my Pardon, Liberty, and Life, requiring no more for so unexpressible Bounty, but only that I will intirely become thine; I do freely surrender my self to thee, both Soul and Body,

G 4 avowing

avowing that I would be no more my own, but thy servant in all things, my understanding shall enquire after thee, that I may always perform my vows, and never rob thee of that which I have dedicated to thee in the sincerity of my Soul. I have sworn and am steadfastly purposed to keep thy righteous Judgments; I am thine, O save me, for thy Mercies and for thy Son Christ Jesus sake. *Amen.*

An Act of Acknowledgment.

THere are many, O Lord, who are most importunate to obtain thy Favour, and unquiet till they receive some Testimonies thereof; and yet when their desires are granted, they are unmoved, and ungrateful; but I will endeavour to praise thee as heartily for these manifestations of thy Love, as I desired them fervently: I acknowledge therefore, that I am full of wonder, to find my self honoured with the highest Priviledges, and remarked with the most illustrious signals of thy Love. I begged the Mercy of gathering up the Crums under the Table, and behold thou hast placed me among thy Children: I was far from deserving this Honor,
but

but I will rejoyce in it, and and
 bless thy Name for it, because it
 hath revived my hope, and cheered
 my drooping Soul, and I am per-
 swaded that this fresh Testimony of
 thy Favour will engage me to love
 thee with an an unalterable affecti-
 on; there was nothing that I de-
 sire in comparison of thy Love;
 nor could I have wished a more
 cartain Pledge of it, than thy Son,
 and my Saviour. Welcom art
 thou to me, O my Redeemer, for
 thy own sake; and welcom as
 thou art the Evidence of thy Hea-
 venly Fathers Love to me, a mi-
 serable Sinner. I will acknowledge
 it at present, as much as I am able,
 and my whole Life hereafter shall
 shew, how deep a sense I have of
 this inestimable Goodness; and
 when my Life doth fail, it shall be
 the subject of my Hallelujahs. *Amen.*

After

After the Sacrament.

ALmighty God, the Fountain of all Goodness, from whom all good and perfect Gifts do proceed, and to whom all Glory and Honor should be returned, I do desire most Heartily to thank thee, for that thou hast vouchsafed to feed me with the spiritual food of the Body and Blood of thy Son our Saviour Jesus Christ, and dost assure me thereby of thy Favour and Goodness towards me, and that I am a very Member incorporate in the the Mystical Body of thy Son, which is the blessed company of all faithful People, and am also an heir through Hope of thine Everlasting Kingdom, by the Merits of the most precious Death and Passion of thy dear Son ;

O

O the height and depth of that unspeakable Mercy of thine who art pleased to admit me, a sinful Wretch, to have any part in those inestimable benefits, which I have so often despised, and trampled under foot ! I am not worthy, O Lord, of that daily Bread which sustains the Body, but thou hast made me partaker of that living Bread, which came down from Heaven, which nourisheth the Soul, and of which whosoever eateth, shall live for ever. O grant, that my Soul may relish this Divine Food with Spiritual Ravishment and Love, and may be heated with the flame of Cherubims; and grant, that what thou hast given me for the Remission of my Sins, may not by any fault become the increase of them, that this holy Communion prove not unto me unto Judgment and Condemnation, but may support and preserve me, in every temptation, rejoyce
and

and quiet me in every trouble,
comfort and defend me in the
Hour of my Death, against all op-
positions of the Spirit of Darknes,
and further me in the attainment
of Everlasting Salvation, through
Jesus Christ. *Amen.*

After the Sacrament.

MOst Holy God, who art of
purer Eyes than to behold
Iniquity, grant I pray thee that no
unclean thing may be harboured
in me, who have received thee in-
to my Heart and Soul, but let this
blood of Christ (who through the
Eternal Spirit offered himself with-
out spot to the purging of the Con-
science from Dead Works, to
serve thee the living God) give
grace, that from henceforth I put
off, concerning my former Con-
versation

verſation, the Old Man, which is
 corrupt according the deceitful
 luſts, and be renewed in the Spirit
 of my mind, and put on the New
 Man, which after thee is created
 in Righteouſneſs and true Holi-
 neſs. To which purpoſe, be pleaſed
 to watch over me for good, to keep
 me both outwardly in my Body, and
 inwardly in my Soul. O God, thou
 ſeeſt I have no power of my ſelf, to
 help my ſelf; thou knoweſt me alſo
 to be ſet in the miſt of ſo many and
 great dangers, that, by reaſon of the
 frailty of my Nature, I cannot al-
 ways ſtand upright. Grant to me
 ſuch ſtrength and protection, as
 may ſupport me in all dangers, and
 carry me through all Temptations,
 through Jeſus Chriſt our Lord.
Amen.

O Thou with whom is no variableness, nor shadow of change, let thy Holy Spirit direct me in all things ; let thy Grace always prevent and follow me, and preserve me from all assaults of Spiritual Enemies, especially of my own treacherous Heart, which is deceitful above all things, wicked, desperately wicked : O Lord, thou knowest it, how often hath it betray'd me to the breach of thy holy Laws, to the Violation of all the Vows and Promises which I have made to thee ? How often have I turned back in the day of Battle ? O let me no more thus start aside like a broken Bow, but be steadfast, unmoveable, always abounding in the work of the Lord, resisting the Devil that he may flee from me, subduing my Flesh, and bringing it into subjection, Crucifying and overcoming the World, and therefore let those solemn Vows which I have made to leave off my
 Sins,

Sins, never depart from my mind;
 but let the remembrance of them
 excite me to fight manfully under
 thy Banner, and continue thy
 faithful Servant and Soldier unto
 my lives end. *Amen.*

O Lord, I do here humbly
 present unto thee my Soul
 and Body, to be a Living, Holy
 and Reasonable Sacrifice unto
 thee, I beseech thee Sanctifie my
 Body, that from a polluted Dung-
 hill, it may become the Temple of
 God; sanctifie my Soul, and accept
 it for thy dwelling Place, the Seat
 of thy Spirit, and House of Pray-
 er, and Holy Meditation; sanctifie
 me throughout, that both my Bo-
 dy, and Soul and Spirit may be pre-
 served blameless unto the coming
 of our Lord Jesus Christ: To
 whom with Thee, and the Holy
 Ghost, be all Honor and Glory,
 World without end. *Amen.*

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F I N I S.

